



Tools for School

The ND National Guard Child and Youth Program is giving away pencil pouches to any military child that is entering kindergarten in the fall of 2011. If your child would like a pencil pouch filled with school supplies, please contact Jessi or Beth. These pencil pouches were filled by the children of the 188th National Guard Unit.

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Comprehensive Soldier Fitness

School Day with Sesame Street



Help your child get ready for school with printables, videos, games and more from Sesame Street.

www.sesamestreet.org

GREAT School Websites for Military Families

Military Child Education Coalition

Military Child Education Coalition's focus is to ensure quality educational opportunities for all military children affected by mobility, family separation and transition. They provide numerous resources, publications, research and a reading corner for military families. www.militarychild.org

School Quest

An all-encompassing website for State Education Resources. Includes links to just a few of the following: Scholarship Information, Bilingual & Language Programs, Early Childhood Education, Special Needs Programs, etc.

www.schoolquest.org

Military OneSource

Articles to include:

- Back to School, Safe & Sound
- Handling the Back-to-School Rush
- Quick Tips for Your Parent-Teacher Conference
- Time Management Tips for Working Parents
- Adjusting to Middle School
- Shopping Tips to Save Time & Money and much more...

www.militaryonesource.com

Tutor.com

At Tutor.com, military families receive free professional online tutoring whenever you need help. You work one-on-one with your tutor in an online classroom on your specific homework problem until it's done. www.Tutor.com



July

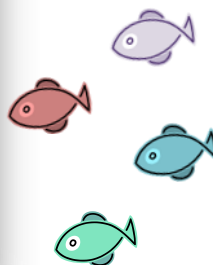
events



Military Youth Fishing Day July 30, 2011

Twelve military children came prepared to catch fish on Saturday, July 30th at Lakewood Park Boat Ramp, Devils Lake. Youth started the day perfecting their casting skills and spending the day catching many fish on the lake. Mid-afternoon, the children retreated to cool off in the water and fillet the fish they caught. Afterwards they played in the park and feasted on a great fish fry before their parents picked them up for the evening.

A **special thanks** to the ND Game & Fish Volunteers for donating their time and resources. It was definitely a fun day!





Courtney Haugen and Charlie Somdahl represented the youth of the ND National Guard in Louisville, KY at the 2011 National Guard Youth Symposium.



Two National Guard Youth from each state and territory were represented and spent an amazing week getting to know each other and building on their leadership skills. They even had time for some fun as they toured the Louisville Slugger Museum, attended a Montgomery Gentry concert, and had a final farewell dinner and dance the last night. If opportunities like this interest you, become involved in our state youth council and you could be the one chosen to attend in 2012.



188th Vert Eng Co Pre Deployment YRR Weekend

Seventy-seven children & youth participated at the pre deployment event for the 188th unit in Wahpeton on July 23rd and 24th. The youth listened to Bob Smith with Students Against Destructive Decisions (SADD) and Military Family Life Consultant, Jim Davis, on smart decision making and how a deployment could affect them. They also had the opportunity to use the Mobile Tech Labs from Operation: Military Kids (OMK) to make cards for their soldier. In between they learned team building and leadership skills through a variety of activities. Younger children worked with OMK in making memory boxes and scrapbooks for mementos to show their soldier when they come home. The children kept busy gaining coping skills to help them through this deployment.



OPERATION: MILITARY KIDS
HEROES@HOME DAY CAMPS



Operation Military Kids held Heroes At Home day camps for military connected youth in 6 communities around the state this summer. The camps are a chance for kids in military families to connect with others in similar situations while participating in fun, action-packed, hands on activities geared towards helping kids build life skills intended to increase resilience. Each camp offers local learning resources such as archery, fishing or outdoor skills and are hosted by the local county extension office, led by State OMK camp staff and supported by the State OMK Team. It is obvious to all of us that our service members in uniform are heroes, but family members, especially the kids, who are left behind are heroes as well.

Military Kids: *Thank you for all your sacrifices!*





Military Family Day

Monday, August 15

11:00 am-11:00 pm

2902 Thunder Road Street, Fargo, ND

\$2 tickets are for service members in any branch of the military and their families. Tickets can be used for go karts, bumper cars, batting cages, and mini golf.

(no discount for video games or food)

Must show military ID to get discount.

Tickets only good on August 15th

Beth Sandeen, Youth Services Program Coordinator

701-451-6109(work) 701-388-0375(cell) beth.sandeen1@us.army.mil

Jessi Clark-Woinarowicz, State Youth Coordinator

701-333-4822(work) 701-425-2552(cell) j.clarkwoinarowicz@us.army.mil

NDNG 4-H Youth Council

Leadership
Team Work
Reflect
CREATE

Partnership
COMMONALITY
Empowerment
Share

The Youth Council is for youth ages 11-17. Our military youth are role models and leaders that have a voice in the ND National Guard and community. Youth Council promotes community involvement, meeting new friends and wants youth that like to have fun!

Youth Council helps with deployment and military life, connects youth with local clubs and organizations, provides information on scholarship opportunities, provides travel opportunities and so much more!

www.ndguard.com → Child & Youth Program

Want more information? Check out a meeting in your area!

RSVP is appreciated!

Devils Lake: No Youth Council Meeting in Devils Lake this Month

- Jessi 701.425.2552 j.clarkwoinarowicz@us.army.mil

Fargo: August 15th Military Appreciation Day / Thunder Road

- Information and Registration forms for Youth Council will be at the Child and Youth Program Table at Thunder Road. Come and find out more information on upcoming meetings and event planning.
- Beth 701.388.0375 beth.sandeen1@us.army.mil

Bismarck: August 14 4:00 – 5:30 p.m. / Cold Stone Creamery, 1219 W Century Ave

- Youth Council will be discussing plans for the upcoming year, member recruitment, writing our own personal stories to empower youth to go out in the community and share their military story. Please let Cathy or Jessi know by August 10th. Be sure to bring money to buy a treat if you choose! ☺
- Cathy 701.221.6865 cathy.palczewski@ndsu.edu
- Jessi 701.425.2552 j.clarkwoinarowicz@us.army.mil

If your child would like to be on the Youth Council, fill out the Youth Council Form online at www.ndguard.com



Nurturing America's Military Families

Offered in Wahpeton...

A three-week series to strengthen the bonds of couples and families in the military

Topics included:

(This is a series. You're encouraged to attend all sessions.)

- ★ The Uniqueness of Military Family Life
- ★ Keeping a Relationship Together
- ★ Dealing With Deployment and Separation
- ★ Helping Children Cope With Deployment
- ★ Staying Connected During Deployment
- ★ Reuniting Post-deployment
- ★ Post Traumatic Stress Disorder (PTSD)

Who: Military families, community leaders, faith community, teachers, counselors, extended family, etc.

Location: Wahpeton Armed Forces Reserve Center, 2003 4th St. N., Wahpeton

Dates: Saturdays, Sept. 24, Oct. 1 and 8, 2011

Time: 9 a.m. – noon

Cost: Free (Funding provided by North Dakota Department of Human Services, Children and Family Services Division)

Facilitators: **Beth Sandeen**, youth services program coordinator, North Dakota National Guard and military spouse

LaDonna Bannach, CEO, Beyond Boundaries Therapy, occupational therapist and military spouse

Jane Johnson, licensed clinical social worker, North Dakota National Guard

Resources: Additional military support resources will be available.

Registration deadline: Sept. 9, 2011

Registration: Email diane.langer@ndsu.edu or call (701) 241-5700, or complete and return the registration form below.

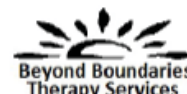
Sponsors:

NDSU
Extension Service

Richland County • Cass County
Ransom County



Region V Parenting
Resource Center



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Operation: Military Kids is a partnership of Army Child, Youth and School Services; National 4-H Headquarters/U.S. Department of Agriculture; and NDSU Extension Service 4-H Youth Development. Operation: Military Kids-North Dakota is supported by the 4-H/Army Youth Development Project under Kansas State University special project number 2007-48661-03868.

REGISTRATION: Nurturing America's Military Families

Name _____

Address _____ City _____ State _____ ZIP _____

Phone _____ Email _____

Complete and return this form to:

Cass County Extension
1010 2nd Ave. S.
P.O. Box 2806
Fargo, ND 58108



The Nurturing Curriculum teaches parents and children how to:

- Identify and handle feelings
- Communicate needs
- Be empathic
- Replace spanking and yelling with more effective discipline techniques
- Take charge of one's own behavior
- Have warm interactions and family fun
- Establish nurturing routines for daily activities such as bed and mealtimes
- Handle stress and anger
- Gain a sense of personal power and positive self-esteem
- Give and receive healthy touch



Nurturing Parent Programs are offered throughout North Dakota in the following locations:

Belcourt, Bismarck/Mandan, Devils Lake, Dickinson, Fargo, Harvey, Jamestown, Minot, and Valley City

Programs Offered

- Parents of Children Birth to Five Years
- Parents of Children Five to Twelve Years

Dates

Spring and fall sessions at most sites
Check nearest location for details.

Program Length – Sixteen weeks

Cost – FREE to all participants

Program Features

- Free on-site childcare
- Light evening meal and snack
- Transportation assistance (subject to prior approval)
- Separate parent and child sessions
- Family activity time

Most classes start in August. Call for details!

Contact Information

Belcourt

Cleo Keplin, 701-278-0473
redcloudwoman@yahoo.com

Bismarck/Mandan

Jane Seifert, 701-527-4032
bisman.nurturing@gmail.com

Devils Lake

Lisa Hawley, 701-662-1893
lisahawley@gondtc.com

Dickinson

Stacy Kilwein, 701-456-0007
Stacy.kilwein@dickinson.k12.nd.us

Fargo

Dede Wienckowski, 701-239-6720
wienckowskid@casscountynd.gov

Harvey

Tammy Neurohr, 701-324-4700
tammy@staloisius.com

Jamestown

Diane Nygaard, 701-952-1770
Nurturingnd1@yahoo.com

Minot

Robin Pretzer, 701-857-3622
Robin.pretzer@trinityhealth.org

Valley City

Diane Nygaard, 701-952-1770
Nurturingnd1@yahoo.com



Jessi Clark-Woinarowicz

State Youth Coordinator

1850 E Bismarck Expy, Bismarck
701-333-4822 work
701-425-2552 cell
j.clarkwoinarowicz@us.army.mil

Beth Sandeen

Youth Services Program Coordinator
3920 31 ST N, Suite 242, Fargo
701-451-6109 work
701-388-0375 cell
beth.sandeen1@us.army.mil

The Army National Guard recognizes the increased sacrifices our Family members make on a daily basis. The CSF program is designed to provide Army & Air National Guard Family members with the thinking skills and coping strategies needed to take care of themselves and their Soldier/Airman. The program helps link them with resources and tools available in the military community that can build resilience.

The 20 minute survey is available online at
<https://www.sft.army.mil/sftfamily>

Families that participate in the Global Assessment Tool will receive an AAFES 10% discount.



www.ndguard.com

Service Member & Family Support,
Support, Child & Youth Program



www.facebook.com

North Dakota National Guard Youth